* DAILY MAGAZINE PAGES FOR EVERYBODY*

Secrets of Health and Happiness

What Your Appendix Is; How Germs Infest It Taffeta Bathing Suits Made in

By DR. LEONARD KEENE HIRSHBERG

A. B., M. A., M. D. (Johns Hopkins).

PPENDICITIS is a disease which the general public has come to look upon as an invention in the doctor's thoughts-but, in truth, it is a very real and serious disorder.

Three factors have combined to increase its apparent occurrence. In the first place, medicine has made great advances in exactness in the last twenty years, and many disorders formerly described vaguely as colic and bowel trouble are now placed under the head of appendicitis. In the second, there is reason to believe that the disease is actually more prevalent than it used to be and that the spread of influenza is in some way to blame for this.

In the third place, the widespread interest in appendicitis has caused a great many persons to produce its DR. HIRSHBERG symptoms, or simulations of its symptoms, in themselves by efforts of the imagination. Some of the persons, who thus fancy they have the malady without really having it, are actually inspired by, nothing more than a desire to be in the fashion.

Removal Only Sure Cure.

But it is plain that a man who has

once had appendicitis has proved that

his appendix is liable to the disease,

having it again are above the average-

The only man who is certainly pro-

tected against it is he who has lost

his appendix. When the leucocytes are

defeated in their battle, and there is

no surgical interference, the diseased

appendix becomes more and more in-

Appendicitis a Germ Disease.

As every one knows, appendicitis is an inflammation of the queer little sac alled the vermiform appendix. This sac, which is about the size and shape of a gloved finger, has no apparent tse, and most anatomists agree that it is nothing but a surviving stump or root of some forgotten part that man at some early period of his development found useful. It makes off from a part of the intestines and lies on the right. of the intestines and lies on the right

So long as it remains empty and healthy it is unobtrusive and harmless. But so soon as it fills up with poisons, germs, grape seeds and other things of and that, in consequence, his chances of that sort, and begins to swell and fester, it becomes a source of danger and a possible cause of death,

Appendicitis is a germ disease. But, unlike diphtheria, typhoid fever, and | measles, it has no specific germ of its own. Almost any malignant microbe, in fact, may cause it. When a man has rheumatic fever, for example, some of the stray germs of that disease may wander into his appendix, set up an inflammation and kill him. Again, the same thing may be done by the germs of typhoid fever, common boils or influenza. The last named discase has been shown to be a precursor of appendicitis, and there is good reason to believe, as has been stated, that the recent epidemics of influenza have caused the parallel epidemics of trouble in the vermiform appendix.

Often the disturbance these invading germs cause is very slight. Even when the number of germs in the appendix is enormous, and the resultant inflammation and suppuration have gone very far, the germ killing leucocytes of the bolood keep up a terrific battle with the is always the chance that the jecucocytes may lose, and that the germs will spread from the appendix to the abdonimal cavity in general, and thereby, cause death by peritonitis.

Therefore, it is the custom of physicians, as soon as they are sure that a patient has appendix cut out. When it is cut out the germs in it go with it, and if the wound heals properly, as it does in the vast majority of cases, the patient recovers. This fact explains the general tendency to operate in appendix tits.

It is always possible that the patient will recover without an operation, but if the latter is performed in time ris measles, it has no specific germ of its own. Almost any malignant microbe, in

will recover without an operation, but if the latter is performed in time ris chances are innumerably increased. If we put his risk of dying from the dis-

ease itself at 100 we may but his chance dying from the operation at five-is thus plain that, in the long run, t is wisest to operate.

The Ordinary Symptons. The symptoms of appendicitis are zema? Have had it for five years. Has pretty well known to every one. The diet anything to do with it? ousease usually makes itself manifest You may try exclusion of fried, quite suddenly, and the first sign is greasy, sweet, starchy, heavy foods, commonly a severe and sharp pain in Live on whey, cottage cheese, meat he abdomen somewhere the starchy in the starc the abdomen somewhere to the right of the center line. A moderate form of the center line . A moderate fever acof the center line . A moderate fever ac-accompanies this and other slight symp-dram of carbolic acid to the three ems, such as coated tongue, loss of appetite and vomiting follow. The mucles of the abdomen are drawn taut, and the pressure of the appendix causes excruciating pain. This is stomach?
the general picture. In addition there are a hundred and one other indiare a nungred and one other indi-cations, apparent only to a physician. Therefore, if you are seized by a sudden and violent pain in the right side, somewhere in the vicinity of the belt, and this is followed by a slight fever the outcomer. It change your names. Sieep ionger. Bathe outdoors; keep in the open. Avoid all hot and seasoned foods. Think rew thoughts. 2. Oxide of magnesia, bis-muth, charcoal, and very very small meals. belt, and this is followed by a slight fever, the customary symptoms of a sick stomach, it is best to send for a doctor at once. And if he advises you to go to a hospital for an operation do without senseless protest or delay. In appendicitis the surgeon is often called too late, but never too soon. Five minutes may decide the issue between life and death.

Medical treatment of appendicitis at best is inexact and hazardous. No known drug is capable of going to a time to constitute the subject is not of general interest letters will be answered personally if a stamped and addressed envelope is enclosed. Address all taguiries to Dr. L. K. Hirshberg, care this office.

Women Who Lift Up.

VERY American ought to re-

eration of Women's Clubs in annual

session. There is no other country

in the world which makes such an

incriring display of its womanhood as does the United States on occa-

The nation which produces such

women ought to be proud of the splendid activities in which they are

engaged and in the magnificent use to which they put their opportunities

This use calls forceful attention to the difference between women of America and women of the other

great branch of the Anglo-Saxon race with which they are connected

by the ties of international kinship.
While women in England ar brandishing the torch of arson, th

women of this country are holding aioft the torch of enlightenment. While the women of this country are working hand in hand with the church and declaring that "club church are lighten" women in Eng-

work is a religion, women in England are burning churches and com-mitting almost every conceivable

mitting almost every concertaint that the women in England are sestro; ing, the women of America are building up. While the women of America are leading in a wide range of humanitarian, intellectual and social betterment activity women in England are un-

tivity, women in England are un-sexing themselves and casting odium upon the very name of woman. While the women of this

country are reflecting honor upon American name, women in

sions like this.

gard with sentiments of pride

the spectacle presented at

Chicago of the General Fed-

Are You a Beach Warmer? Then Here's Your Costume!

Style of Latest Gowns the Rage-Kimono Sleeves and Draperies Are the Same.

INE-TENTHS of the women who go to the beaches cannot swim, and even those who know how cannot resist the lure of the beach.

A charming bathing suit gives a woman just another opportunity of appearing to a distinct advantage, and, with the latest suits at their command, few are willing to overlook the chance.

This beach suit of pussy willow black taffeta is a fair example of the prevailing models, and is so great an improvement over the old-fashioned sailor mohair concoction that there is absolutely no comparison.

With the exception of length, the suit is built on the same lines as the street costumes for this summer. The blouse is loose, has ragian sleeves cut kimono style, and the mere suggestion of a skirt is a perfect reproduction of its longer

The wide girdle at the belt is of red and white striped taffeta, the inset vest is of white chiffon, and a small collar at the back is also of chiffon. A fad which seems to be allowed to run all summer is that of having the collar and vest of freshly laundered linen or net.

This, while sounding very expensive, may not be so, provided the wearer is a consistent beach warmer and has no desires toward going into

While the whole process of appearing on the beach merely to sit still garbed in still another costume presents the height of folly and wastefulness to some people, it is not as bad as it seems when one comes down to real facts.

The woman swimmers can swim without fear of criticism in almost the costume of their choice nowadays, and surely the open air, the sunlight, and a few hours of sprawling lazily on the sand in clothing which admits in part for the movement of some of the usually restricted limbs, will do no harm to some of our hothouse women who shun exer-

Photo by Fashion Camera Co., of New York.

:: Word Origins ::

"Take no thought for the morrow" now understood in an entirely different manner from that in which it was intended when the King James version was prepared. Then the expression "to take thought" was universal as a synonym for anxious solici-Tabby, the name of a well-known

the silk, hence the double application of the name.

Jovial once meant the type of character supposed to belong to all persons

"Your retorted do?"
"What will you do?"
"I'll rock-et," said the Rocket.
Whereupon the Bomb exploded with
scorn and shook the whole company.—

In Deep Water.



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Beauty Found in Comfort

By LUCREZIA BORI

Prima Donna of the Metropolitan Opera Company, New York.

UMMER beauty depends largely the work of the day is over will rest

stays and heavy, dragging skirts, and put on fresh and clean each day. If

not expect to have good looks. It is ments which you can wash yourself.

The bath is the first element of hot ted undervests and crepe combinations

weather comfort. Every one should are as easily washed as a handkerchief

your stomach is oversupplied with you feel that you cannot afford laundry rich and indigestable foods, you need expenses then wear simple undergar-

tal calm. If you are clad in un- Clean clothing is another summer

suitably warm clothing with tight necessity. All undergarments should be

upon physical comfort and men- one as much as a nap.

take two baths a day, and an extra and require no ironing.

day's work is over. This will be the lime when it will give greatest benefit.

If there is a tendency to insomnia or headache caused by the heat, a cloth Copy't, 1914, Newspaper Feature Service, Inc. wrung from ice water and laid on the back of the neck will often quiet the nerves and bring sleep.

Bathing the back of the neck and back of the ears with hot water when

cooling sponge will

tunity for it. The

morning bath

water, to which has

should be either

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Advice to Girls By ANNIE LAURIE.

Dear Annie Laurie:

Pear Annie Laurie:

For about three months I have been going quite regularly with a young girl.

I have been to her home and have met her parents, and have had her to my home to meet my parents.

I know she does not go with other young men, nor do I go with any other girl. In fact, she is the first sirl I have ever been interested in.

Now, Miss Laurie, I want to find out, if possible, whether she cares anything for me. I want to marry her, out she has never given me the least encouragement.

I tried to kiss ner a couple of times and she always goes to the other end of the room or as far away from me as possible. She says that she does not approve of kissing. It pains me very much when she repuises me. I feel that if she cared at all for me she would not treat me so coldly.

she would not treat me so coldly.

Please give me your advice as to
the best way to win her love, for she
means a great deal to me.

PERPLEXED.

Y ELL, Perplexed, what is it that perplexes you? I can't see. What do you want the girl to do-throw herself into your arms and say, oh, please, sir, marry me or I shall die?

Do you expect her to let you kiss he Do you expect her to let you kiss her and make love to her as if she were some silly, headless creature who didn't care whether you really respected her at all or not? Of course she isn't going to let you kiss her—unless she's sure you really love her.

Has she brothers? From what you say of her I believe she has, and she's heard those brothers talk about the kissing girl, and her cunning little ways, and she's determined that no man on

kissing girl, and her cuming little ways, and she's determined that ne man on earth will ever have a chance to talk like that about her.

If you want her to marry you, ask her. If you want her to marry you, ask her. What if she does refuse you? You will be hurt, of course, but some girls have to say "no" half a Jozen times before they learn how to say "yes." But, when they do say yes they mean it.

Brace up, Perplexed; tell the girl you love her, and ask her if she could ever love you well enough to marry you It isn't fair to keep her in the dark as to your real intentions. I think she'll say yes, myself. And then won't you be happy!

Miss Laurie will welcome letters of inquiry on subjects of feminine interest from young women readers of this pa-per and will reply to them in these col-umns. They should be addressed to her, care of this office.

TIMES BEDTIME STORY



FLUFF GATHERS EGGS FOR THE BUNNIES. By FLORENCE E. YODER.

URING the many months that Fluff and Doll Betty were staying in Tabbyland, at the home of the Bunnies. they had never been let touch one single egg.

Once, early in their visit. Betty had spilled some of the color, and Pinkeyes, the chief bunny, had never forgotten it.

"You do not seem to realize the importance of our business," he said one morning to them. "We are the original Easter Bunnies, and, goodness knows, there are few enough of us left. What with all of the new candy eggs, and the new ways of coloring, human folks don't depend very much on us. Whatever we do is precious and not to be

broken or spoiled." "But I would be ever so careful," begged Fluff, and when she said it she looked so sweet that Pinkeyes could not refuse her. He went to

cone of the windows of the little red house and looked out. Then he came back and rocked in his chair a while. Then he cleared his throat and said: "Well, if you will he very careful I might let you help me some day."

Fluff clapped her paws for fay, but Betty, the doll, looked very downcast. She knocked her atiff knees together and felt very sad, indeed, but no one knew it because her smile was painted on.

"There is no use for you to swing around and get huffy," growled Pinkeyes, looking in her direction. "You have made quite enough trouble in this house as it is." Poor Betty did not say a word. She knew what he said was true, and made up her mind to be very good. But poor dolly! She did not seem to one minute, and she never really one minutes, and she never really one minute, and she never really one minutes, and she never really one minute, and she never really one minute, and she never really one minute, and she never really one minutes, a

So Betty stayed in the house.

Pinkeyes watched her like a hawk, and had something to say to her every time she moved. He did not know what he was doing himself.

"You had better leave off nagging Betty, and watch your own work." Fluff finally picked up courage to say. Pinkeyes turned on her in a rage, but she had already left the room.

rage, but she had already left the room.

She came in on her next trip with her arms full of eggs.

She walked past him, but fust then he made a move at Betty.

"Look out there, stiff legs," he cried, "you're about to spill—" but he never finished. Just at that moment he backed into Fluff with a terrific bump, and the eggs fell to the ground with a crash!

He had done it himself, and there was no one else to blame!

They all stood still, and Pinkeyes looked at the eggs and scratched his head, as if he could not believe his own pink eyes.

Fiuff and he cleaned up the meas silently, not a word was said at supper, but all of the rest of the evening he was more kind and gentle than he had been for a long time.

(Copyright, 1214, Florence El Toder.)

(Copyright, 1914, Florence El Yoder.)

Household Helps

Add enough of a scant cup of milk to a cup of flour, into which a salt spoon of salt has been sifted until it is a paste. Then add the rest of the milk and a well-beaten egg, and beat the whole mixture for five minutes. To be made really good, popovers must be beaten. Have the gem pans hot and buttered, and fill them within a third of the top. Bake for thirty minutes, reducing the temperature of a very hot oven after the first ten minutes. utes.

If they are a success they will literally

pop over the edge of the pan and be crispy, and, as the old cook said, "fitten to melt in your mouf."

So, with the table nicely laid, attractive with ferns and flowers, a spotless tablecloth, and the food daintly put before him, the breadwinner is certain to be more than satisfied.

Remove Dandruff

Itching Scalp. A

failed to remove dandruff at once, and that is to dissolve it, then you destroy it entirely. To do this, just get about four ounces of plain, common liquid arvon from any drug store (this is all you will need) apply it at night when retiring; use enough to moisten the retiring; use enough to moisten the scalp and rub it in gently with the finger

dandruff will be gone, and three or four more applications will completely dis-solve, and entirely destroy, every single sign and trace of it, no mater how much

silky and sort, and look and feet a nun-dred times better.

If you value your hair, you should get rid of dandruff at once, for nothing destroys the hair so quickly. It not only starves the hair, and makes it fall out, but it makes it stringy, straggly, dull, dry, brittle and lifeless, and everybody notices it.—Advt.

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England are holding up their country to the scorn and derision of the world. While Englishmen

are learning to fear, hate and despise the methods which women in their country are employing to secure alleged "rights." Ameri-

cans are constantly increasing their respect and admiration for the women of their nation. That is the difference between

the situations presented in the two countries. True, a large majority of English women are not in sym-

of English women are not in sympathy with the militant sufragettes, but there is also a very large proportion who are not engaged in any ornanized effort to better conditions. American women of all classes and walks of life are banded together for the beneficent purpose of making this a better country to live in, through improved social, intellectual, and moral conditions. The splendid womanhood of every State in the sisterhood is united for these great objects, and is be-

for these great objects, and is be-coming more and more one of the great vital forces in the nation's life. The difference is one of

which all Americans may justly be proud.

Necessary Aid.

And yet 'twould die, there is no doubt,

Baseball is certainly some game,

its votaries gain wealth and fame

As fandom will admit:

Galore, because of it.

Did publishers but choose To issue every sheet without A word of baseball news!-Judge

NEW READER-1. What is a good remedy for nervous heart and nerves? 2. Also what is best for excess of acid in

1. Change your habits. Sleep longer

Answers to Health

Ouestions

T. K. W.-What can I do for ec-

species of cat, was formerly atabi, which was a term used to designate a peculiar pattern in the silks manus is time and opportant of the fur of the cat resemble the pattern morning bath acter supposed to belong to all persons who were born when the planet Jupiter, or Jove, was in the ascendant. They were supposed to possess more of the cheerful elements of character than others, and hence to partake of the benign quantities attributed to the Father of the Gods.

The Rocket and the Bomb.

"Till shake the earth all right when I go off," said the bombastic Bomb, "Perhaps you will. Bomby," said the Rocket: "but wait till I go off, and you'll sec."

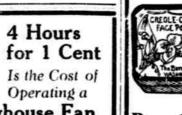
"You'll restreed the Bomb scorefulls."

quently comes with also after the bath. If the bod, is sponged with diluted alcohol or lavender water or cologne it will add to one's comfort. The night bath may be taken immediately before you'll sec."

"You'll restreed the Bomb scorefulls."

quently comes with bath. Booth the body and make sleep possible and pleasant. Rid your mind of worry. Don't smile alcohol or lavender water or cologne it will add to one's comfort. The night bath may be taken immediately before retiring, or before dinner after the anything more useful than make sleep possible and pleasant. Rid your mind of worry. Don't smile alcohol or lavender water or cologne it will add to one's comfort. The night bath may be taken immediately before retiring, or before dinner after the "You?" retorted the Bomb scornfully.

The cultured young woman from Bos-ton was trying to make conversation. "Do you care for Crabbe's Tales?" she asked. sne asked.
"I never ate any," replied the breezy
girl from Chicago; "but I'm just dead
stuck on lobsters!"—Judge.



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For a sponge bath, try a lotion made

of an ounce of tincture of camphor and

half an ounce of tincture of benzoln

mixed with two ounces of cologne. Add just enough to the basin of water to

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make it fragrant and milky.

Afternoons and Evenings #

sionals they were offered to the public of Boston as trained housework-I hear every woman saying, "Can I get one?" "Oh, this is the ideal been looking

EVERAL years ago, in Boston

a school was started for the

training of workers in the various duties of the home. There girls were taught cooking, care

of children, cleaning, etc., and after

these workers had become profes-

for supplying trained domestic workers." Yes, this was an ideal oppor-tunity, but I regret to have to state the sad fact that this Utopia for housewives was an inglorious failhousewives was an inglorious failure. Here were trained workers ready to go out by the day, hour, week or month, in the various lines in which they were trained. Here, on the other hand, were large numbers of housekeepers needing just such trained help. But, as I said, it failed Why? It falled simply and solely because

It falled simply and solely because of the mistress problem. For instance, one worker who had been trained to do cleaning went into Home A and tried to follow out what she had been taught. But the mistress of Home A said, "Oh, I don't want you to do it that way. This is the way I want it done," and insisted on her own method. Housewife R shortly afterward said to the same worker, "No, this is the way it must be done." In other words, there was no standardization of housework, and the result was that the workers, not being able to saitsthe workers, not being able to satisfy so many varying standards, did not care to keep on with the work.

Another reason for its failure was the fact that women were unwilling to pay for skilled work. On every side is the cry, "We want trained help." But, dear mistresses, let me ask you, are you willing to pay for it? Remember that we cannot get more skilled help unless we pay more than we do Now. So that before we can hope for a different class of more expert, efficient workers, we shall have to adjust our values in the home and make such re-division of income as will permit our paying for the efficient worker. My own belief is that we are going to have more standardized housenot care to keep on with the work. to have more standardized house-work and insist on a trained worker at less frequent intervals. That is, once we have standardized work, we will not need a worker for many of the hours saved by improved methods. What we will need will be a more trained worker for a shorter period at a higher rate of payment. A third reason of failure was the



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By morning, most if not all, of your

dandruff you may have.

You will find all itching and digging of the scalp will stop instantly, and your hair will be fluffy, lustrous, glossy, silky and soft, and look and feel a hun-

notices it.-Advt

sad one that the mistress still looked upon the housework as an inferior social individual. I repeat the
report on this experiment. "Before
any permanent improvement may be
looked for, Mistress must appreciate
that housekeeping is a problem demanding thorough training, resulting in the organization and standardixation of housework by the mistress, and the willingness of the employer to pay for that ability."
Shall we not solve the mistress Shall we not solve the mistress (Copyright 1914 by Mrs. Christine Frederick.)

The Mistress Problem

Serious As the Servant Problem

By MRS. CHRISTINE FREDERICK.

Words of Wise Men which all can understand, about something which interests everybody.

A lecture doesn't begin to be old unti it has passed its 100th delivery, and some, I think, have doubled, if not quadrupled, that number. These old lectures are a man's best, commonly they improve by age, also. One learns to make the most of their strong points, and to carry on their weak nes, to take out the really good things which don't tell on an audience, and put in the cheaper things that do. All this degrades him, of course, but it improves the lecture for

general delivery. A thoroughly popu-lar lecture ought to have something in it which 500 people cannot all take in a flash. Just as it is uttered.—O. W. Under this Sycamore tree, with the sound of the clear river Dove in our ears, with the odor of the May flowers freshly abound us after this gentle shower, and in the sight of these meadows, gold and silver, the overflowing of nature for the delectation of all quiet and contenuistive anglers we do well sight. contemplative anglers, we do well sigh that our life is so much in walls and so little here.—Izaak Walton.

here.-Izaak Walton. Good laws make it easier to do right and harder to do wrong.—Gladstone. The most cultivated minds are usually the most patient, most clear, most ra-tionally progressive, most studious of accuracy in detail.—James Martineau. History instructs us that this love of religious liberty, made up of the clearest sense of right and the highest conviction of duty, is able to look the sternest despotism in the face, and, with means apparently inadequate, to shake principalities and powers.—Daniel Webster.

The test of every religion political or The test of every religion, political or educational system is the man that it forms.—Amiel.

A Simple Way to